

Name _____

Hour _____

Crossing the Finish Line



1. As you watch the video clip from the 4X100 relay race at the 2008 Summer Olympics, list some emotions that you feel before, during, and after the race?

2. What qualities or character traits do you think Jason Lezak has?

3. Look at the Units that we will be covering in 8th grade American History this year. Feel free to use the table of contents in our textbook or do some research on your own to gather more details. List a few challenges that the people who lived during these eras may have faced?

- **Unit 1-Beginnings to 1620**
- **Unit 2-Colonization and Settlement (1585-1763)**
- **Unit 3-Revolution and the New Nation (1754-1800's)**
- **Unit 4-Expansion and Reform (1792-1861)**
- **Unit 5-Civil War and Reconstruction (1850-1877)**

4. List qualities or character traits you think these people from American History must have had?

5. We are just starting our 'race' this year as we begin 8th grade. However, we will be 'crossing the finish line' for your middle school career when we wrap up this leg of your journey. How do you hope to feel in June when you have crossed the finish line?

6. What qualities or character traits will you need to have in order to have that feeling in June? What is one specific way you can accomplish that?
